

2001-Eckhart-Tolle-Talk-Titled-Realization-of-Being

[Speaker 1] (0:33 - 1:05:21)

Now we're here to enter a different state of consciousness. And one important characteristic of the new state of consciousness, you're not waiting for the future to be better than the present. You're not waiting for anything to happen.

Our normal state of consciousness, mankind's normal state of consciousness, is a state of non-presence, a state of absence. They're not really here. Your attention is never fully in the now.

So the fullness of life escapes you. And there's a seeking for the fullness of life through future, where it can never be found because it doesn't exist. The future comes as the now.

When it comes, it's the now. Now it's so normal to live in such a way that most people never even question it. That's how it is.

And that's why life gets so frustrating for many people and it becomes a burden. They're seeking for something where it cannot be found. They're seeking for the fullness of life, a sense of knowing, a sense of being fully yourself in the future, through something that's going to happen in the future.

The fullness of being, one day I'll get there. That's the mindset. And this is the revolutionary teaching that you're not going to get there.

You can only be there at this moment. And to feel the power that is inherent in the now as the power of your own being. Your own being is the totality of your being.

The physical is part of that, but it goes deeper. But the physical is an important part of it. It's not separate from being.

The physical is a temporary expression of who you are, but it's not separate from that. So throughout the day, today, as we go more deeply into being, I will be reminding you that it is your entire energy field, your entire physical energy field is part of this state of consciousness, of experience, of living the fullness of life now with every cell of your body. And as you sit there, not just listen with your ears, almost as if you are listening with every cell of the body to feel the aliveness, the very life that is in every cell, in every organ, the life itself.

So to dwell in your own energy field, to be that, so that you're not just listening with a monitor in your head, because then you would quickly get very bored. If you were only here with your mind and trying to figure out what I'm talking about, boredom would set in very quickly. If you cannot go deeper than level of mind, then you will soon wish that

you hadn't come here.

And whenever you lose your connectedness with the body, you will, when you're back in mind, there will be moments when you drift off into some fantasy dreamland of future, what's going to happen tonight or tomorrow, what am I going to watch on TV tonight, and ten minutes later you wake up and suddenly you're back here. That's normal. Now when I say listen with the entire body, it's a strange way of putting it, but I do not mean just listening to the words.

In a way the words have second place here. They may be useful pointers or signposts, but the main teaching is through the state of consciousness itself, that is the state of, I call it stillness sometimes, and an energy field arises in this room that is an expression of the new state of consciousness. It's a powerful energy field, but it doesn't make any noise.

It's still. It's silent. And to be open with your entire being to the energy field, which in the East they sometimes call it the Buddha field, that is the main reason why we are here.

So to be receptive to that with your entire being. And there's nothing then that you need to figure out with your mind. Your mind isn't really needed here, or it's only peripheral.

There was a woman last night after the talk came to me and she didn't speak any English. She spoke only French and she said to me, my French isn't very good, I can understand a bit, I can't speak it very well, but she said to me, I didn't understand a word of what you said, but I understood you. I understood with the heart, she said, not with the mind.

My heart understood. So she was open, what she meant, she was open to the energy field, I call it the energy field of presence. It's very subtle, the mind can't grasp it or figure it out.

You're very alert, it needs to be an alertness to be open to that, an alert presence. And boredom in that state is completely impossible, it's inconceivable. Boredom is a mental state, a state when you're in the mind, you're disconnected from the aliveness, the fullness and the depth of aliveness of your being, and you're trapped in the mind, and the mind isn't getting enough food or stimulus, and then boredom sets in, because the mind needs continuous food or stimulus, what's the next thing I can gobble up, that I can get my teeth into, what's next, what's next? The constant restlessness when you're stuck in the head, and all the media is to satisfy that restlessness, to give you food for the mind, mostly totally trivial, and so there's continuous chatter that you get when you switch on things. And they talk in an excited voice, switch on the radio, and these, if you didn't know any English or whatever language they happen to be speaking in, if you didn't know the language and you just listened to the sound, it would sound as if they were saying something incredibly important, but if you can actually understand what

they're saying, it's completely meaningless.

So boredom is a state, is a sign that you're identified with mind, and the state of consciousness that we are entering is a state in which boredom just cannot arise. When you are so deeply connected with being, there's such aliveness there, and in that aliveness there's the joy of the simple fact of being, beingness, a subtle but very powerful sense of joy that depends on nothing outside. And boredom is impossible there, and then your external experience just becomes an expression or a reflection of the joy of life, so it becomes pleasant, but you don't seek fulfillment through it, and that's why it becomes so pleasant.

The seeking of fulfillment through some experience or other is no longer necessary. The seeking for fulfillment through some future event, this, that, is no longer needed, and that's amazing. That means you can already be who you are fully at this moment.

Even if your external circumstances, if you feel there's a sense of incompleteness in your external life, I haven't quite achieved my full potential, that's a feeling many people have, in my outer life. There's a lot more that I could do, there's a lot more that I could achieve, and that is probably true as far as your outer circumstances are concerned. You could achieve mastery in this area or that area of your life, you can learn this or start practicing this or that, whatever it may be, become good at this or that, but that's peripheral.

On the external level, that has its place. There's always room, unless you're very old or you haven't got much time left, there's always room for becoming good at this or that, learning this or that, and achieving your potential through time or in time. But that's the peripheral, your outer being, your outer self, is fine, that's how it works on the level of the outer, what I call your life situation.

But there's something much more vital than your life situation, much deeper, more vital, and that is life itself, or being, or life itself. And if you're disconnected from that and you're seeking for fulfillment, the fullness of life through your life situation, that is a continuous source of frustration and ultimately non-fulfillment and ultimately suffering. Because that, the very essence of who you are, you cannot find.

It's peripheral. Any doing in your life is on the periphery of your being. Being is central, and being is now.

And so people get that totally wrong. They look for something where it cannot be found. They're really looking for themselves to be more fully themselves through some peripheral activity or some outer position.

And the world tells you, now that you're somebody, now that you've made it, and that's never, for a brief moment you may delude yourself, and the world is full of highly

successful people who are unhappy and live on tranquilizers. They've made it, and now what? Still looking for something.

And then they look for some, okay, let's try this experience. They have enough money to buy any experience. Let's go into this one.

Another thrill. Let's travel there. And wherever they travel, they find themselves, and at first it feels good for a few moments, and then the old sense of dissatisfaction of something missing, something lacking.

This wasn't it either. Okay, let's try a new relationship. Yeah, got it now.

And a few weeks or a few months later, oh, that must have been the wrong person. I made a mistake. Or you travel to some ideal place.

When I make enough money, I can live there in paradise, on paradise island. And then after a little while in paradise, you get completely bored out of your mind, or you get stung by mosquitoes. Oh, that wasn't it.

And it's amazing. And then it can take people into despair almost, especially people who think they should be happy, I've made it, the world considers me important, they say, I'm a VIP, I have money, I can do it. And just there's still this, there's something not right here.

Now if you're poor, then you can still delude yourself that one day when you're going to make money, you're going to be okay. Now you may have to go through that, along that route that if you cannot, if you deeply believe that one day, when your bank account has grown to \$10 million, then you're going to be okay, then you may have to experience that. And then experience that even then, for a little while you might feel exhilarated, and then the old dissatisfaction and the sense of lack will come in again.

But you may be able to see it now that that's not how it's going to, how the fulfillment of your life is not going to happen through anything. It cannot happen indirectly, through something or other, and in time. That has its place, but only as far as the outer is concerned, and the outer activities in your life, whatever happens is secondary.

And what is primary is being. Cause in Miracles points out beautifully that it takes no time to be who you are, so it doesn't take time to enter that state. Now, make sure that you stay connected with your entire body and listen, and be open not only to the words, but to the silent emanation in this room.

And then something from within you responds to that, and comes forward, emerges. This is a state of consciousness that you can't even understand with the mind. A state of fullness and alertness, simply being there, being totally.

And then you suddenly realize nothing that happens in the future could be an improvement on this, and that's a very radical and revolutionary realization. Nothing that happens in the future could be better than this moment. When the Cause in Miracles says it takes no time to be who you are, that's the second part of the statement.

The first part of that statement is, it has taken time to misguide you so completely, but it takes no time at all to be who you are. It has taken thousands of years to misguide you so completely for this state of consciousness that humans are still in to emerge, this state of consciousness of disconnectedness from being. It has taken time for the dysfunctional state of consciousness to develop, but it takes no time to go beyond that.

It is not an event in time, and certainly cannot happen in the future. And even if you only get glimpses of it as you sit there, all problems of your life become peripheral to your being. They don't fill your sense of who you are, they're on the periphery, little wave movements on the periphery of your being.

And here's the fullness and the aliveness of being who you are. Now, this is not something that CNN or CBC would come here and send TV crews here to report that a new state of consciousness is emerging on the planet. Because it's not, there's not enough happening here for them to report anything.

And if they came here, they would say, okay, what's going on here? If we went into fits of screaming and shaking, then they would have something to report. If it were an evangelical meeting and we have screaming fits, then, oh, that's going on there.

But this, there seems to be almost nothing here for the mind to get itself interested. Okay, this is, it's so subtle, and yet it's very powerful. An important part of being here is also when I'm not, to be attentive to the moments when I'm not speaking, to be particularly alert, to be particularly alert to the gaps, even the tiniest gaps between the words.

And simply hold that state of alert attention that is not waiting for the next statement, not waiting for the next word. A state of alert attention. And that is, that's consciousness itself before it becomes something that's the very, that underlies everything.

And it's, from the point of view of the mind, it looks like nothingness, and yet there's incredible power in that nothingness. So it's not nothingness, it's only as judged by the mind, oh, this is nothing, because it can't understand it, it can't grasp it, because the mind is the conditioned, is part of the conditioned, the world of form. Every thought is formed, is a form too, but we are here going deeper than form, not through any techniques, simply through the power of presence.

And what arises, what that stillness in between the words is, it's just pure consciousness itself, the unconditioned. And once you can sense it and you know it, it is a state of such

beauty and fulfillment, that if I didn't say another word for the next three or four hours, that would be perfectly fine with you. And we could sit here in the fullness of being, and that's true meditation, beyond any meditation techniques, that's natural meditation.

All meditation techniques are trying to get you to that state, and why mostly they don't really work is because any technique still gives you time, step one, two, three, and then you're trying to become a good meditator, and trying to get somewhere. Occasionally it works when a point comes when the technique drops and you're there, but it's rare. And here, there's no, I don't give you time.

That's why whenever you lose connectedness with being and drift back into mind, sitting here will be boring, because without time the mind gets into terrible frustration. It needs time. It can't work without time.

So future, take away future from the mind, the most dreadful thing that could happen to anybody who is not connected with being is to be told that you have no more time. You'll be gone in a few hours or a few weeks, which is, let's imagine the doctor says to you, okay, you have another two months, almost nothing. What then?

Either you go into dreadful suffering, despair, or you suddenly enter a timeless state of consciousness, which is what this is, where time becomes irrelevant except for practical purposes. Make sure as you sit there and listen, you're listening, and as you listen, you're aware of the energy field that's listening, the being that makes the listening possible. And that includes your entire energy field, your entire body.

You're listening even with your little toe, with your legs. Your entire energy field is present, and you're listening or receptive with that and hold it. And then things arise in it, and you can allow them to arise.

The noise arises and subsides. My voice arises, the words arise, and then they go back into stillness. What remains is this vast energy field, and you experience first of all as the energy field of the physical is, but it's deeper already than physical, and you hold that.

So there are the words, and there is the field of consciousness, the field of being, in which the words arise, or anything else arises. These happen to be the words come from me, but they could come from you. If you stay connected with being, if a situation arises and you need to speak, and this is a totally new way of speaking, you will find suddenly the words come out of that vastness of being.

The words come, you say something, and that doesn't come from the conditioned mind. The mind is a little bit involved because the mind gives expression, expresses something in form through words, but it arises out of the unconditions. It's fresh, it's new, it's creative.

And that's how you become a deeply creative being. You are it already, in that state of

connectedness. Whatever you can also take action out of that, it's not so much that you take action, the totality of being takes action through you, through this form.

So you become aligned with something vaster, more powerful, infinitely more than your little mind. But your little mind is not separate from being, it's a tiny aspect of being. But when it pretends that it is all there is, that's delusion.

The mind is like a candle, the flame of a candle, and the totality of being is the sun. Now the candle flame and the sun, they are in a close relationship, they are not really different, because the very energy that is burning in the candle flame originally comes from the sun, it's stored up sun energy. So even the sun, even the candle flame really is part of the sun, is the sun.

So even the mind is not nothing separate from being, but it's the flame of a candle. Beautiful, but tiny compared to, imagine how vast the sun is, it's about, I can't remember, 500 times or 1000 times bigger than the planet earth. And it's infinite energy, it's inconceivable that for millions and millions and millions of years, it's a continuous outpouring of energy, as if it were totally inexhaustible.

And of course, the sun itself, even the sun is not the ultimate, we are dealing here, we are going deeper even than that, but in the phenomenal realm, the sun is the closest you could get to being, the closest you can get to God or the divine or being. And this is why it's understandable that there were ancient cultures that worshipped the sun and saw it as divine. It is unbelievable that there seems to be inexhaustible, a continuous outflow of vast, inconceivably vast energy.

The very warmth in your body comes from the sun, calories produce warmth. You eat the food, the food has stored up sun energy, and the body converts. The sun is in your body, the sun, it's amazing.

But that is still within the phenomenal realm, and that's amazing enough. But we are going even beyond that, because even the sun is an expression in form of something even deeper and more powerful, and that is life, energy, or beingness itself, and everything in the cosmos is an expression of that. So when we go into that, we go beyond all phenomena, including the most grandiose, the most wonderful phenomena like the galaxies and the billions and billions of suns that exist.

Our sun is only one of thousands of billions of suns, many a hundred times bigger than our sun, inconceivable vastness, and yet all that is also part of the world of phenomena that arise in this dimension. And all that unfolds and arises in time and through time, and we are going beyond even that. All phenomena arise out of the vastness of being itself, and being itself is not a form.

You cannot grasp it, because you are it. You can't think about it, just like the candle

flame cannot understand the sun, even if it started to think about it. But you can be it, because you are it, and then let being express itself through this form, no longer a little person trying to figure things out, make a living, or make money, or do this or that, or trying to be important in the world.

All this really becomes nonsense, and the strange thing is, the outer circumstances, when in the state of connectedness with being, improve greatly, because something greater than you flows through you. So all the things you struggled for before, and I need to do this, get that, to get some fulfillment, they tend to just come. When you're in the state of connectedness, many things just come.

And other things, they will come from within you, as some express them in some form. You're connected with being. This is quite, you're getting a high dosage, these hours that you sit here, of being, if you can stand it.

If your mind doesn't come in too often and say, what's going on here? What's he talking about? Just quickly, before I continue, feel some of you already deeply connected with the energy field of the body, so you can hold the state.

Those of you who are not yet, you can't feel it very much, start by putting attention, choose one part of the body and put attention there. That means feel it from within, for example, your hands. It's a strange thing to do, and immediately you notice the mind becomes less active, because you've taken attention away from thought.

The mind hasn't got enough consciousness now to make a lot of, to manufacture a lot of thoughts. Then you develop the ability to hold attention in that part of the body for a little while. Hold it, continue to feel the life.

It's a very, it starts with such a simple thing. And the mind says, oh, what's this? This is too simple.

It must be a more complicated technique, and this isn't even a technique. To feel the inner body is the beginning of the state of connectedness with being. And hold attention in your hands, let's say it's your hands, if you never learned more than that, taking attention away from thinking and holding attention in the energy field in your hands and feel the life energy in there.

Subtle at first, and then it grows stronger. Very great sense of aliveness. Now at this moment, it would be very hard for any illness to creep into your hands, because there's so much presence in there, so much aliveness, that it's almost as if every cell were rejoicing and saying, this feels good.

It feels alive. And all the cells are dancing with joy. That's what really it feels like.

And imagine if you do that with your whole body and your whole, the physical, all cells in

a state of joy, and it's hard for the body to go wrong when the whole body is in a state of joy and aliveness. We can't wait for that to happen. We are entering that state now.

It's a revolutionary transformation to be able to perceive and to relate to the world without the baggage, the accumulated baggage in your mind. Which means you're free of the entire person that you thought of as yourself, which is the sum total of your conditioning, which you carry around. It becomes a burden, the heavy me, the burden of that person trying to find some fulfillment or some answer or some release through the future and never getting there.

And in the meantime, acting out in continuous, repeat performances, day after day, acting out the conditioning from the past and hoping that the future is going to get better. How can it? The future is just going to be a continuation of the past because you're acting it out every moment.

It can't get better as long as you're trapped in the conditioned. It's amazing, but it's so simple to get out of it, but nobody seems to know it, or very few people. Why is that?

It's almost like a conspiracy. Let's not mention liberation. On CNN, I don't think they've ever mentioned it.

Let's keep quiet about this. It's so simple to become free of the limited, little conditioned person. And every person is a little person, even if you're the president of this or that.

It's very limiting, and one day you will no longer be the president, and then you'll get old, and suddenly your social function isn't there anymore, your social position is gone. Oh, who am I now? Just an old man.

All this is, it's so simple to go beyond, so no longer to seek fulfillment through the conditioning, to make it better, to become a bigger person, to become a more important person, to wait for the world to tell you that you are important, that you're somebody. It might do, and then it may change its mind and tell you that you're nobody. So you're holding, this simple starts with such a simple thing as getting out of mind, hold attention in your hands.

I'm saying hands for those of you who cannot yet feel the entire body, start with hands. If you can feel the entire body when I say hands, feel the entire energy field of the body. Otherwise, hands is good enough for the moment.

Hold that, and then you will be able to, initially it's enough to perceive, and you will notice, you can look around, look at me, the room, people in the room, and there's a clarity of perception. A pureness of perception that comes in when the conditioned is no longer operating, and that's amazing to be free, and it doesn't take time. Right now you can be free at this moment.

Now, that state of freedom, that may not yet sustain itself continuously, mind waves will come back, and yet, entering the state is always now. You can always be free at this moment simply by entering the state of presence. Hold attention in your hands, or if you can, in your entire body, and then you're looking and listening.

So there's the sense perceptions, hearing, looking, seeing, and there's a vast energy field of being. And in the first instance, it feels as if that were your body, and that's good. So there's the vastness of beingness, and the perceptions arise, and it's fine.

And it's almost as if something that is not the person, but that is deeper than the person, is now looking through your eyes. Consciousness itself is looking, unconditioned. You could almost say, when you are present, I don't use these words very often, but when you are present and the conditioned is not operating anymore, you become the presence of God, because that is the unconditioned consciousness.

The pure beingness, out of which all the worlds arise, all the galaxies, everything, but it is beyond that. And could it start with such a simple thing as feeling your hands and looking around the room? That's amazing.

You don't have to go to some monasteries in the Far East, or spend 20 years in arduous meditation practice, or take a course of study that goes on for years, and then get a certificate. It's amazing that the entry into that is so simple, and this is a practice that you do for yourself, at home, at any time. Sit, connect with either the entire energy field of the body, or if that's still difficult, one part of the body, hold attention there, hold it, continue to feel it, and then begin to perceive and look around the room.

Or listen and look, and you will see the compulsion to label or to run away from this moment, which is the mind, isn't there, so you're allowing this to be totally. Underneath the perceptions, there's an intense aliveness. That is the secret.

Underneath all your sense perceptions, and even if still some thoughts come floating in and out, it doesn't matter, underneath that, there's an incredible energy field. And if nothing arises, that's fine too, even if you lost one of your senses, hearing or sight, it wouldn't matter so much anymore. But this is something that consciously you choose to enter that state.

You choose to enter that state many times, you choose to step out of mind identification. Now the ability to choose that means that really, what really is happening when you are choosing, as you are now, to be present, presence is choosing to emerge at this moment. It looks as if the person, the little you, were choosing, but you can't even, but it's a helpful way of putting it, it's a perspective on it to say, you can choose to be present, but when you think you choose to be present, at that moment, presence is emerging.

It looks as if you were choosing, but it's helpful to think of it as I'm choosing it. You can. So it looks almost as if you could make it happen, although ultimately you cannot make it happen.

When you think you're making it happen, it is happening by itself. It looks, from the limited perspectives of a separate me, as if you were making it happen, and that's a useful thing. I often say, you can choose.

It's more helpful to say you can choose than to say, okay, there's nothing I can do. So you might as well sit in front of the TV with a can of beer and wait to become enlightened. If there's nothing I can do, well, true.

So it's not helpful to say, some teachers or teachings say, there's nothing you can do. Ultimately, that may be true, and yet it's not helpful. So you are not separate from the totality.

The totality is moving through you, and when you think you're doing something, it's happening. Something is emerging. And once you feel the hands, then it's easier to connect with other parts of the body and feel your hands and your arms and hold attention there, alive.

It really feels as if the entire body became suddenly alive. And then you, can you feel your feet and hold attention there, just very subtle at first, and your legs, feel, and your chest, belly. And now gradually, you connect with the entire energy field of the body.

You know you're there when you feel that when I'm not speaking, it feels almost more powerful than when I'm speaking. You almost wish that I would shut up. That's a sign that you're there.

For those of you who are not yet there, don't worry, I'm not going to shut up yet. Because the words are so, compared to the aliveness that is in being, the words are nothing. And that's this, being is always, an important aspect of it is a deep stillness.

The aliveness is also a deep stillness. Because in being itself, nothing ever happens. Being remains a state of pure nothingness from the point of view of the mind.

And when it happens, something has taken form and become something, an event in time, a form arises. But being itself, there's nothing happening in it and nothing needs to happen. Any happening is time and form arise.

Out of being, being becomes something and returns into being. And when you're connected with being, there's no need for anything to happen. Yet, after a while, things do happen.

But gradually you feel that whatever happens, including sense perceptions, events,

situations, happens on the surface of being. And that sensation no longer fills you. You're filled.

You are being. And then you hold attention in the entire energy field of body. And you'll notice then, you're not waiting for me to make another statement.

Because this moment has such aliveness to it. What could I possibly say to improve on that? This moment has such depth to it.

What can I possibly say that's better than that or greater than that? And your existence as a person, the phenomenal existence, still happens. It doesn't mean now everything becomes static.

At the moment we are sitting still and allowing this to arise, to emerge. But as you live in that state, you can act, you can be active out of that state. You're not confined from now on to sitting on a chair to be able to hold that.

That would be very limiting. But at first it's helpful to practice in an environment like this when there's no disturbance or relatively little, except your mind occasionally. And we are still and holding it.

And we're even still externally. Some people can get there more easily through certain activities, through practicing Tai Chi. You connect with the body and you need to be very present.

Or even dangerous activities that force you into the state of presence because you would have an accident if you thought about tonight's dinner while you're climbing up a mountain. So it forces you into presence. But even that becomes limiting because then that state of consciousness becomes associated with one particular activity.

And then in the rest of your life, you revert back to the old.

[Speaker 2] (1:05:36 - 1:06:18)

This concludes Session 1. Our program continues with Session 2. Sounds True and Namaste Publishing present The Realization of Being, Session 2 with Eckhart Tolle.

[Speaker 1] (1:06:28 - 2:05:32)

The state of connectedness is always characterized by a very high degree of alertness, a very high degree of wakefulness, very awake. It's sometimes compared to the state of waiting, but not waiting in the old sense of waiting for something to happen, which means the present moment, you don't want the present moment, you want some other moment. That's the usual state of waiting.

I don't want this moment, I want the next moment. There's another kind of waiting that

simply has a high degree of alertness to it, so alert that you're totally here, totally present. And that is like, as one Sufi master said when he was asked who his master was to teach him that incredible stillness that he emanated.

He said it was a cat, he said, I watched a cat for hours on end, I watched a cat watching a mouse hole, and that's how I learned the state of alert presence. I watched a cat watching a mouse hole, and that's, and that is not an impatient waiting, it's a simple being there, just, imagine if you watched a cat watching a mouse hole for two hours, you would become present. That's the state of, have you watched a cat watching a mouse hole?

It goes, not a single thought in the cat's head. Now, I'm not saying return to the state of consciousness of a cat, or, you are going beyond thought, we are rising above thought, we are not falling below thought, so although that state has certain similarities with the state that many animals are in a lot of the time, which is a much greater connectedness with being than most humans, a much greater connectedness with the source, that's why animals don't have problems as humans do, they don't live burdened with problems and they don't need therapy, and it's amazing.

And basically there's no, they don't accumulate unhappiness either, except a few animals that live so close with neurotic humans that they reflect certain human states. Some cats and dogs can display neurotic behavior, but that's because they've lived with humans for too long, but no animal out in the wild is neurotic. So I, this is, you can actually learn the state of consciousness that I'm talking about very often simply by being very attentive and watch an animal, preferably wild, but even some animals that live with humans, somehow they still manage to stay sane, and it's wonderful to simply, to watch a cat, how it moves, the graceful movement, how it is totally in the moment, how it relaxes, when it relaxes it is totally relaxed. The very shape of it when it lies there and relaxes, many artists have painted that, it's such harmony in that shape of a cat relaxing, or a dog, it's amazing that dogs are still so sane having lived with humans for thousands of years. The incredible goodness, aliveness, and love that is in a dog, no matter what happens, it's still there, no matter how mad the human environment, they're still alive to the present moment, ready to celebrate at any moment.

And the tale goes, they are alive, I mean, compared to humans, that's a state of incredibly blessed with grace and beingness and aliveness compared to most humans who are stuck in the head with their problems, living in a world deadened by continuous conceptualization, images, mental judgments and images and false sense of me. It's such a joy simply to watch the joy in a dog, ready to celebrate life continuously, any moment, the simplest thing is an excuse for celebration. And so there's the feeling of so much goodness there, the goodness of life expressing itself through this particular form.

And then you watch animals out in the wild, birds, other animals, but you need to watch

in the state of non-labeling. Not to say, oh what a lovely little bird, what's it called, I just can't remember the name, no, you're not really relating, you're not really watching that incredible being that the mind labels as bird or whatever it is. You're just putting immediately labels on it, and then that's how the world becomes more and more dead.

But to truly be with that and learn from it, you watch, and it's easier if you stay connected with the body as you watch, that's why practicing here is so helpful. You feel your entire being, your energy field, and then you watch an animal, and you're no longer saying anything, you just watch in the state of alert attention, how it moves, it pauses, the state of alertness in a bird, how the head goes, how it's totally, it has no self-image. It doesn't have a problem with self-esteem or anything like that.

It is itself. It is totally itself. So the bird just, and then it finds some food and it goes, and then it flies off.

And it doesn't decide to fly, it just flies. It says, should I fly off to the next branch? Well, I'm not quite sure.

If I do, then this or that might happen. It just does it because the totality moves through it. It's not yet blocking the humans having formed this little limited self that is blocking the flow of the totality moving through it.

So you watch, and as you watch an animal in the state of non-labeling, you learn what it's teaching you is the state of no mind, of living free of thought. Because in an animal, thought, there's consciousness, but there's not conceptual thought. Thought has not arisen yet.

So every animal can teach you the state of no thought and can be a wonderful teacher if you're open to it. Now the state of no thought that you enter has certain similarities with the animal state, and yet it is also fundamentally different because you have lived through the illusion, you have lived through the mind stage for many thousands of years. You've gone through it, and now you return to the state, the original state of purity and innocence and connectedness with being that was lost a long time ago.

When you return to it, it has an added dimension of incredible depth and knowing to it, which the animals don't have because they are still in the original. But for us, the original state has been lost, and when we regain it, it is at a much deeper level than the original state that was lost. That's the meaning, as I mention in the book briefly, that is the meaning of the parable of the lost, the prodigal son or the lost son that Jesus talks about, which is actually a version of an ancient Middle Eastern parable.

The lost son who leaves his father's home, gives me my inheritance, he has incredible wealth, and then he squanders over the years, his wealth gets lost, he becomes destitute, he becomes a beggar. He even forgets who he is until some, this is the older

version of it, until some messengers arrive and tell him, don't you remember, you are the son, and you are actually wealthy, and then he remembers, and then he starts the journey home. And when he returns home, the love that he finds there is deeper than when he left, because he has regained the lost state.

Whenever you regain something, you are more deeply in that. It's similar to anything, humans have lost their relatedness with nature, once they lived in close connection with nature, then nature became dead, as they became more and more trapped in the mind, then nature was only there to be used for their own gain. And now some humans are regaining an inner connectedness with nature and realize how sacred it is, and when you regain it, you regain it, it is deeper than the original state which was natural.

There was only nature, and being connected with nature was totally normal and natural, and it's only when you've lost it and regained it, then you have an added dimension of depth and you are deeply aware of the sacredness of it. So, coming back to animals, the animals are teaching you the state of no-mind, although the animal is at a level of pre-thought, and you are moving to a level beyond thought, where thought can still be used, but is no longer controlling you. This is why we are here, to go beyond thought, to go beyond the need to think, unless there truly is something to work out which happens occasionally.

But most of the time, thinking is totally superfluous, and it restricts you, because it's within the realm of the conditioned. So we are moving, it's truly moving to a completely new stage in human evolution, where the compulsion to think is no longer there. Thought can still be used, but it's no longer compulsive.

That means a lot of the time, there's simply conscious presence, and you act and perceive out of conscious presence, not through thought activity. So that's this unbelievable, unbelievable transformation, and yet simple. And this is the greatest, us sitting here, and a new state of consciousness emerging here, this is one of the greatest, today, one of the greatest events on the planet.

There may be some other groups where it's also happening, here and there, it's a Saturday, so there may be some groups where it's also emerging, and individuals, but it's still fairly rare. And yet, it's emerging more and more, and yet, it's not going to be on TV tonight, although it is the greatest event possible. You are connected with the energy field of the body, hold that state.

You may occasionally find the mind wanting to come in. It'll push, it'll try, it'll try a few thoughts, it'll hope that one thought is going to draw your attention in completely. The mind says, okay, let's try this thought, let's remind him or her about this problem that's going to be there next week, and see if that can draw attention in completely.

So as little thought comes up about, and that can quickly draw all your attention, it

draws it out of the body, attention leaves the body, and it's back, and completely flows into that thought, which then becomes a thought stream. One thing leads to another, it proliferates, and one small thought develops suddenly into a vast current of mind. And you're suddenly in, oh, my problems, I shouldn't be sitting here, there's so many things I haven't dealt with yet, why have I come here?

And so this may happen, and the moment you become aware of it, you can still, it'll be easier here to be aware of it when it happens, because there's so much presence. And you say, wow, I've been completely lost for 10 minutes, you can suddenly see, and simply put, go back into, re-enter the body, be there. So now you're becoming familiar with that state, also energetically there will be an increase sitting here for several hours, which ultimately is not several hours, it's only really one timeless moment that will increase the intensity of that state of consciousness, state of presence.

And so you practice, don't confine your practice to moments of quiet practice, bring it into simple situations at first, the state of stillness or presence, meeting someone, saying hello, and what, looking at that person for a few moments, in a simple, if you can feel the body, and look, no judgment, just, who is looking then? Is it you, the little person, or is there something greater than you, looking through your eyes? Greater than you, and yet you, there is an energy, consciousness itself is looking, no longer the limited, conditioned consciousness as the person, when the mind is still, and you perceive the other person, who is perceiving?

One could say there's nobody anymore, not a person as such, who is perceiving, because there's no judgment and labeling, there's an energy, and so gradually you know yourself as that, not as the person, as the consciousness itself, and the consciousness itself looks. And when you look at the world as consciousness, you see incredible beauty everywhere, and you see, oh, wherever you look, there's a strange sense of, I'm looking at myself. You don't have to formulate these words, but there's a strange sense of everything is basically you, because consciousness, everything is consciousness, an expression of consciousness in some form, every human, every plant, every flower, every planet, every sun, is an expression.

Consciousness becomes something temporarily. So when you look from a place that is deeper than your form, consciousness looks and sees itself in some other form. It's a beautiful sense of, wherever I look, wherever I go, I encounter myself in some other form.

And I look at this flower, and there's a deep sense of, that is really, that's, I am that. The essence of who I am, and I'm speaking as you, the essence of who I am is expressed in millions and billions of life forms everywhere. And in that beauty, that beauty in this form, of course, is not going to last for very long, because the flower, in a few days, it will wilt.

And yet, that beauty is inseparable from consciousness. It is simply an external expression of something that is inherent, unmanifested, continuously in consciousness, not time-bound. So in the state of presence or non-labeling, knowing other life forms as yourself is what is actually, that is the deepest meaning of love.

And that's the only true meaning of love, is to know the other as yourself. The state of love, not love in the way the mind tries to love, okay, you must love much deeper than that. Not a clinging love, sticky, hanging on.

The love that cries when this life form, the flower, wilts, and this form dissolves. A love that is beyond any one particular form, and a love that knows that there is no death, there is only the transformation of different forms. But there is no death as such, because you are connected with something, the timeless dimension, where there is no birth and death.

Birth and death arises. Death, by the way, is the opposite of birth. Death is not the opposite of life.

Life has no opposite. Life is eternal. Life is consciousness itself.

So it's not life and death, it's birth and death. Those are the opposites. And then you can even know the other, even if the other doesn't know him or herself as consciousness, is trapped in an ego identity, an identity with form, you can still recognize, even though the other may be trapped in ego, you can still recognize him or her as yourself.

You look through the mind, the mental accumulations in the other person. And remember, I'm not talking about some state that only very few individuals can attain. It was like that in the past.

It's been a privilege of very rare individual people, one in millions, millions, and millions. But it's no longer the case. It is a state that becomes accessible to far greater numbers of people now.

It all begins, I've been talking about the state of continuous love as your normal state, and it all begins with such a simple thing as feeling your hands, or if you feel your entire body, and look around the room in a state of non-labeling and interpreting, of innocent perception. That all starts there, of not running away from this moment in any way. In fact, moving deeper and deeper into this moment.

This is the purpose of your life, how could it be otherwise, to move into that state of consciousness. If you're looking for some purpose elsewhere, you will become frustrated. You will encounter suffering, frustration.

If you're looking for a purely personal purpose for your life, what's my life purpose? There are many workshops to find your life purpose. And on a personal level, there may

well be something that is right for you, but there's something much deeper, far beyond your personal life purpose, and that is the transformation of consciousness, which is the purpose of the universe.

The universe wants to, is moving into greater consciousness. The whole universe is a movement into consciousness. It wants that, and it's happening now.

That is your purpose, is for the consciousness to emerge fully through this form. Then all their personal purpose doesn't mean you have to, you're no longer active in anything, but your personal purpose becomes part of that. So the greater purpose of relating in this new way of dealing with life and situations through the unconditioned consciousness, that will then flow into your personal purpose and will incredibly empower your personal purpose, whatever that may be.

Whether you are a businessman, or whether you're a hairdresser, or whether you pick up garbage in a park, it doesn't make any difference. The new consciousness can flow into anything, into any activity. So the personal purpose is still honored, and yet it becomes part of something much greater, which is the universal purpose.

If the personal is not in alignment with the universal, how can it fulfill you? So how would that work? Let's say you continue with the activity that you're in, but not necessarily.

It's possible that when the conditioned consciousness no longer controls your life, that incredible newness and transformation comes into your life. So even the personal circumstances of your life may change totally, that's possible. Or it may be that it's simply that a totally new consciousness flows into what you have been doing already.

And then the quality of the doing would become incredibly transformed through that. So let's say you're a hairdresser now, and then the new consciousness is beginning to flow through you, you live in the state of presence more and more. Then the main purpose is everybody who comes to you would then be meeting you as this new consciousness.

Everybody who comes to you, you receive in the state of openness, of non-labeling, and of course people would love coming to you. Let's presume that you're a good hairdresser. If you're not a good hairdresser yet, you will be when you bring presence into it.

The only reason if you're not a good... I'm just taking one example. The only reason if you're not a good hairdresser why you're not a good hairdresser is because you're not present enough.

The more presence, the greater or higher the quality of whatever you're doing. Somehow, even in the external world, anything you do reflects the consciousness that flows into that. And the more present you are, so that means the doing is not a means to an end, which is the mind-dominated state.

The doing is totally honored in the state of presence, every moment is honored. Then the quality of whatever you're doing improves incredibly and reflects that. So you not only become a good hairdresser or even better, but the main reason why people then come to you is because they love being close to you.

And there's something there, an energy field that they enter when they come to see you. Or if you're a businessman, the business deal that needs to go through has no longer an obsessive quality. I need to get this, and so you're in despair or fear if it doesn't work.

Or you get into a temporary high when it does work, which then becomes a low. The outcome is secondary. You can still give great energy.

In fact, presence means incredible energy flows through you into what you're doing. And so you're doing it with great attention and care. But it's a totally different energy from the mind energy that said, I need to get there in the future.

So this deal that I need to complete is a means of getting to that point that I need to get to that's going to fulfill me. And I will finally be who I am. I will be somebody.

I will be more fully myself. These are the unspoken beliefs behind the state of anxiety or tension that I need that. That can also give you a lot of energy, but it's really suffering.

You're basically in a state of suffering, in a state of tension, stress, anxiety. That's how most of the business world works, and it doesn't have to be like that. So the state of presence is great energy flows through, but yet so different from the conditioned mind energy.

And then you're on a, and it's much more likely that the deal will go through because everybody will feel so comfortable with who you are, your being. And somehow they feel that there's a freedom there when they're in your presence. And if people feel good around you, the outcome is much more likely to reflect that.

And yet you don't need any particular outcome anymore because this moment is full enough. There is a fullness of life already. This is a wonderful liberation.

The whole, every activity that you're engaged in, which to the world, there's an obsessive quality to what people are doing. I need that, and I mustn't lose that. That doesn't operate anymore, and so in the new consciousness, there's a playfulness.

And yet energy, a lot of energy flows into it, but it's an energy of play. You play with the world of form, and you realize the whole world of form is a game to be played and enjoyed. You're not dependent on the various forms of life, whether one form stays with you or comes to you, or whether it leaves you.

It's a game with form. And then that actually becomes quite enjoyable. There's an inner

sense of freedom from what you're doing, and yet you're doing it with full care and attention.

And there's the play. You're simply playing. That's a wonderful way.

One way, one day, perhaps all humans will live like that. But we have to make a start. Some humans, if we don't make a start now, that day would never come.

Some humans are beginning to live in that way now. And so that new state of consciousness emerges. It is inconceivable to the mind to imagine what this world would look like if most humans, or even half of the population, lived in that new state of consciousness.

Completely inconceivable. We cannot even conceive of what our human-made world would look like in the structures that we have created. Of course, they wouldn't persist in this form.

The whole business world, or the political, and all that. So if you left the planet for a while and came back in a thousand years, and humans, and then you revisit this planet, and humans live in the new state of consciousness, I'm sure it would look as if you're visiting a strange planet, an alien planet, and yet a very beautiful place. It would look like some heavenly realm.

Incredible beauty, harmony. Things would still, forms would still come and go, but it no longer matters. But if you returned to that planet with the old consciousness, and visited that place then that is an embodiment or an expression of the new consciousness, it would seem unbearable.

If you go into heaven with the old consciousness, it will look like hell. I can't stand this. For a start, there would be no entertainment anymore in the way we know it.

Nothing much to watch on TV, because those things wouldn't be needed anymore. You get bored out of your mind. And after a little while, it was, get me out of here.

If you were coming with the old mind to that place, this could also happen while you're sitting here. I talk a lot about the present moment, it is helpful, a helpful way of putting it. When we started here, that was the present moment we started, and now, two hours later, it's still the present moment.

That's a strange thing to say. And basically, it's the same moment. Just what arises in that moment has changed a little bit, not substantially here, it's just the moment has deepened.

All we do is we are deepening that timeless dimension here. But really, the one factor that remains permanent in your life, no matter what happens, is the present moment. It

always is the present moment.

But what is the present moment? What is that? In any experience that you have, the one factor that remains, in any experience that unfolds in time, there's one factor that remains constant, that's the present moment, and that is the consciousness or the being, the field in which or out of which the experience arises.

There's the underlying field of consciousness, unconditioned, pure being, deep stillness, aliveness, nothingness from the point of view of the mind, and yet the fullness of life itself, all phenomena come out of that. So the now really is consciousness itself, before something happens in it. Continuous, the timeless factor in every experience is consciousness, and it's you.

In the deepest sense, the one timeless factor in any experience that happens to you is your being that remains. I don't know if you've had this sense, probably you've gone through many changes in your life, and some people go through such drastic changes that they almost feel they're living different incarnations in one lifetime. That happens more frequently nowadays.

Than in the past, people going through transformations quickly. And yet, underneath all that, although this is true, it seems like different incarnations sometimes in one lifetime. If you look very deeply, underlying all that, there's a deep sense of beingness that was there from the very first, when you were a six-year-old child, and it's there when you're 85.

A sense of the beingness to whom all this happens. A being to whom all these things happen, and the different incarnations happen, and yet they all happen in the field of being, which is the most fundamental sense of I-ness, of identity. And that is the one reality in one sense of identity, is the deep sense of beingness that remains forever, no matter what happens.

And that is the timeless being itself. So to know yourself as that is the liberation from form, from the person. You're alert, present.

At this moment, there's also a silence in the room, so you can use that, be aware of the silence. It may not last for very long, and yet it's always there. Even if noises come to cover it up, silence remains.

Pay attention to the silence, and immediately there's a stillness inside. Immediately you're out of mind. Just listening to silence is enough to take you out of mind, because with the mind you can't listen to silence, it's not possible.

So just as I mentioned animals as teachers, there are many things that can teach you. Animals can teach you the state of no mind. Silence is an incredible teacher.

Silence when you're at home, silence out in nature. Simply to become aware of that dimension, there's a shift inside you. Stillness arises the moment you become aware of silence, because the mind is noise.

So you use that as your teacher. Silence teaches you that state. You only have to be open to it.

For most people, silence doesn't even exist. They even feel uncomfortable when there's silence, and they say, okay, let's make some noise. Or if they can't make noise, their mind gets even noisier.

The more silent it is, the noisier the mind gets, as a resistance against the silence. And yet, it's so simple to just listen to, be aware of, pay attention to silence. To the mind, that's not a nice thing to do.

There's nothing there. And yet, at that moment, a consciousness that is beyond mind arises. The moment you become aware of silence, the inner silence is there.

And then it's no longer just silence. There's a quality to it. There's an aliveness, a preciousness to it that is not understandable through the mind.

There's a goodness to it. There's something unbelievable in that. It's like some vast power enveloping you, within and without.

And that vast power is incredibly benign. It's incredibly, it's actually, the only way I can put it is, it is love in the deepest sense, because it is the oneness. I remember I said love, what is love, is the recognition of oneness, of knowing yourself as the other.

The oneness is love. And these statements are more like poetic statements. You can't figure out mentally what I'm saying.

I'm only pointing to that state. The silence, there's a vast power in that silence. That's why somebody said, silence is the language God speaks.

Everything else is a bad translation. So it is something infinitely precious, and it's far more than silence, we're just using that word. There's an infinite power, within and without, and it has a gentleness to it, and yet incredible power to it.

And it is love itself. It sounds strange, but that's how it is. It's always there.

When it's not there, it means you've cut yourself off from it. And inner and outer merge in that. Even the entire energy field of your body is silent, but alive.

And there comes the human mind. And even when, once you dwell in silence, you don't, the inner silence I call stillness, once it's very helpful to use outer silence as a teacher, especially in nature, and then after a while, you don't even need that anymore, because

wherever you go, the inner silence is there. And even in the middle of a city, noisy city street, there's a stillness inside.

And we're not dependent on outer silence, which now it's back, but whether that machine is going or not, it doesn't affect the inner. But until you become deeply established in the inner stillness, or the inner stillness has emerged more fully, it's very helpful to use silence as your teacher, the outer silence. I mean, you don't need any other, if that were the only teacher you have, it would be quite enough.

If you never read another book on spiritual things, or never saw another, never went to another workshop, or another talk, and all you did was to remember to listen to silence whenever possible. That's all you need. Through that, the new consciousness, the stillness, the stillness would emerge more and more in response.

And then there's a meeting of inner and outer silence, a oneness. At this moment, silence is teaching. You may find you drift out of silence and then move back into it, out of it, mind comes in, and then you move back into it.

That's fine. Just be still and know that I am God. It's time for the body to move a little bit.

We will take a break. Stay connected with the body as much as you can. When you listen to other people during our lunch break, listen from a place of stillness.

Just listen. So bring a little bit of this into your lunch break, that state, without becoming self-conscious about it. Thank you.

[Speaker 2] (2:06:14 - 2:06:48)

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